



Interim Health Advisory for Eating Fish Caught in Nicasio Reservoir



To protect health, the County of Marin Department of Health and Human Services is issuing the following interim advice in cooperation with the state Office of Environmental Health Hazard Assessment (OEHHA) to address potential health risks from elevated levels of mercury in fish caught in Nicasio Reservoir. Because this chemical accumulates in the body, frequent consumption of fish from the lake could, over time, result in harm to the development of fetuses and children and affect the nervous systems in adults.

Women of childbearing age and children should be especially careful to follow these guidelines.

| Fish Species | Women of childbearing age and children (17 years and younger) (Meals per month) | Women beyond childbearing years and men (Meals per month) |
|-----------------------------|--|--|
| Largemouth bass OR | 1 | 4 |
| Carp OR | 1 | 4 |
| Bluegill OR | 4 | 12 |
| All other fish ¹ | 4 | 12 |

This advisory does not affect the treated drinking water supplied from Nicasio Reservoir. The water supply is safe.

Advisories have also been issued for nine other reservoirs in Alameda, Contra Costa, Marin, and Santa Clara counties as well as for San Francisco Bay and Delta, and Tomales Bay. **The monthly fish consumption recommendations from these water bodies should not be combined. For more information on these advisories,** contact OEHHA at (510) 622-3170 or visit OEHHA's Web site at: http://www.oehha.ca.gov/fish/so_cal/bayareares.html. For more information about chemical contamination in fish, including advice on commercial fish consumption, visit: <http://www.oehha.ca.gov/fish.html>.

**For more information on Nicasio Reservoir, contact:
Marin Municipal Water District's Water Quality Lab (415) 945-1550
County of Marin Department of Health and Human Services, at (415) 499-6841.**

¹ Including fish from other water bodies without specific advice